

# THE WSAC CHRONICLE

*chron·i·cle*

*noun*

*Definition: a factual written account of important or historical events in the order of their occurrence.*



WESTEND  
SENIORS  
ACTIVITY  
CENTRE

**SEPTEMBER  
2022**



**This Month's Issue:**

**Amazing Race & Challenge Recap**

**Travel Trips**

**First Aid Fundraiser**

**Toonie Talk Schedule**

**New Rental Information**



**WE Seniors.ca**

**WESTEND SENIORS ACTIVITY CENTRE**

9629 176 STREET NW  
EDMONTON, AB  
T5T 6B3  
780 483-1209

# WSAC MEMBERS SAVE 10% ON CAR AND 15% ON HOME INSURANCE

*Armour Insurance is the official supplier of the Westend Seniors Activity Centre group insurance. Receive additional discounted rates on home & car insurance just because you're a WSAC member!*

## **ARMOUR INSURANCE - Proud To Be A Member Of The Friends Of WSAC!**

- We're local Alberta owned, operated, and staffed
- We work with Canada's top insurance providers
- Automatic annual policy review
- Doing business with us is easy

## **BENEFITS OF THE WSAC GROUP INSURANCE PROGRAM**

- 15% discount on property insurance
- We insure houses, condos, rented properties, cottages/vacation trailers, and watercraft
- 10% discounts on auto insurance
- We insure personal vehicles, antique vehicles, campers, trailers and motorhomes
- No interest or service charges (an additional 3-4% savings)
- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options
- Fast and courteous 24 hours claim service

*" I went to a Toonie talk from Armour Insurance earlier this year. When my insurance came up for renewal in May, I went to see them and they honored their discount that they talked about. They were very nice and helped me sort through what I needed, and saved me some money. "*

- Lynda House



## **CONTACT ARMOUR FOR MORE INFORMATION!**

Call Us - 1-855-475-0959 / 780-475-0959 / Email Us - [main@armourinsurance.ca](mailto:main@armourinsurance.ca)

Visit our office - 5750-75th Street NW Edmonton

# CENTRE NEWS

## **NATIONAL DAY OF TRUTH & RECONCILIATION WSAC WILL BE OPEN Friday, September 30, 2022**

This year, WSAC would like to take some time to recognize this important day by sharing stories on the history of the day and what it means.

We hope you will join us in support of healing and giving voices to Indigenous peoples. Details to follow in next e-news.

We also invite you to wear an orange shirt on this day to show support.



# WESENIORS AMAZING RACE & CHALLENGE

## AN AMAZING RACE AND AN AMAZING 2 DAYS OF FUN!

Thank you to everyone who participated in our 2nd Annual  
WESeniors Amazing Race & Challenge!

We started our days bright and early with participants coming to the centre to pick up their Amazing Race Passport and daily map while getting tips from our staff.

### THE NORTH LEG OF THE MAP

Participants had 3 different maps to follow. Our staff headed north and made our way around the race to capture our business partners and participants throughout the day.

The north leg included stops in St. Albert, starting with Chartwell St. Albert who played a fun game of beanbag toss, and Revera River Ridge gave us washers to toss. Butterfly Dreams Respite Care team had a spectacular spread of treats to enjoy while playing their brain games, and Chartwell Griesbach gave us a real challenge with a standing bean bag toss! The north leg also included our friends at Sparkle & Sheen Cleaning and Organizing Services who also stuffed us with their wonderful spread of goodies. Raquel even had other games for everyone to enjoy while waiting for their round of giant Connect Four. MLA Jon Carson's Office gave participants the chance to meet the Edmonton-West Henday Member of Legislative Assembly, Jon Carson, and play a game of beanbag toss.



### THE CENTRAL & EAST LEG OF THE MAP



As we moved along the race we visited the many businesses on our Central to East map.

We started downtown at Revera Our Parents' Home who showed us the spectacular view they have of down town and the river valley while we took turns sinking balls on the pool table located in their fabulous lounge and game area. Thursday we had so much fun with Revera Churchill's Flamingo Fishing! Robert and his staff set up the deck with tables and chairs to relax at while participants got the chance to enjoy the goodies and drinks available, and everyone walked away with a gift.

This year our race included so many businesses it extended all the way to Sherwood Park!

We joined our friends over at Revolution Cycle who recently opened a new location in Sherwood Park, where participants had the opportunity to try a ride on an e-bike and test their e-bike knowledge with a quiz. On Thursday we enjoyed a game of curling nearby at Chartwell Emerald Hills.

### THE SOUTH LEG OF THE AMAZING RACE

We followed the map around the race's south leg, and it was fantastic to see our participants having so much fun. Our friends, Drive Happiness, had a fun game of darts set up, and just across the street we visited Providence Chiropractic who hosted a poker style trivia game.

# WE SENIORS AMAZING RACE & CHALLENGE

Revera Riverbend gave participants the chance to place tiles on a collective game of scrabble while they enjoyed some goodies. Not far was Qualicare Edmonton South where Indy and Hannah set up a whole tent for the event in a nearby park, giving some much needed shade from the hot sun. Chartwell Wescott gave us the opportunity to live our Michael Jordan fantasy with a basketball toss on the first day, and on the second day Chartwell Heritage Valley hosted a fun game of beanbag toss.

Marcia at Stanford Hearing had some yummy goodies ready to go and an amazing door prize for people to enter to win while they waited to try a game of ring toss. On the second day Chartwell Hawthorn gave us the chance to play bocce ball as we made our way back to the west side.

## THE RACE AROUND THE WEST END

We were fortunate to have a bunch businesses near by so lots of the participants left the west end leg of the race until the end of their day. Louis at Wild Rose Seniors Residence here in Terra Losa was so excited to play horseshoes with all the participants. Cura Physical Therapies had people take a balance test and then played a game of “pin the tail on the donkey” with the chance to win a gift card to the Italian Centre.

Our good friends and WSAC wine tasting event sponsors Aligra Wine & Spirits had a fun game of beer pong going on in their gorgeous store in West Edmonton Mall. They even have 2 parking spots outside their store so that made it super easy for everyone to visit them along the race route. Benjamin Moore's The Brilliant Brush had a great fishing game for everyone to try AND had snacks and beverages for everyone too.



Terra Losa Pharmacy welcomed participants to pick up a copy of their brain games to complete as they made their way around the race. Len at Westlawn Funeral Home & Cemetery gave us the opportunity to tour around the grounds and stretch our legs. Our local Member of Parliament Kelly McCauley's office handed out their own trivia, testing our knowledge of Canada! The Westgate branch of Servus Credit Union didn't go easy on us with their trivia challenge, but they did offer an enticing door prize for participants to sign up to win. On Wednesday we had Armour Insurance along for the ride with a game of Plinko for members to try their luck at.

We celebrated the end of the day with a free BBQ for all of our participants. Chef Stu manned our BBQ grill cooking up hot dogs and volunteers were on hand to help serve beverages and chips to everyone. We had City Councillor, Andrew Knack's office hosting their Edmonton trivia game in our WSAC parking lot along side the Senior Fraud Alert table with a scam quiz to test participants ability to Spot and Stop the scam.

## THE AMAZING RACE WINNERS!

Thanks to everyone who came to our 2nd annual Amazing Race on Aug 24th and 25th. We hope you had a lot of fun during the events! Congratulations to the winners and we will contact you soon for picking up the prizes at our centre.

**First place winner: Susan Sanders**

**Second place winner: Corrine Timmer**

**Third place winner: Alistair Aikman**



# SENIOR FRAUD ALERT NEWS

## HAVE YOU HEARD ABOUT THE SENIOR FRAUD ALERT WEBSITE?

It's important to know that fraud is a crime and scammers are criminals. Visit the Senior Fraud Alert website to learn about scams and complete our Spot and Stop the Scam course. This course focuses on a different types of scams that have been known to target seniors. **Scan the QR code to visit [Seniorfraudalert.ca](http://Seniorfraudalert.ca)**



## WHAT IS A SCAM?

Here are definitions for some of the common terms we use throughout the Senior Fraud Alert course:

- **SCAM** A dishonest scheme; a fraud. "He scams people out of their savings"
- **FRAUD** Wrongful or criminal deception intended to result in financial or personal gain. "He was convicted of fraud"
- **SCAMMER** A person who commits fraud or participates in a dishonest scheme. "Scammers are preying on people's good intentions"

## COMMON SCAMS



### THE KIJI SCAM

Beware of scammers on buy and sell websites such as Kijiji, Facebook Marketplace, and eBay. Some scammers put ads on Kijiji, but when you contact them, they want you to come to their house or they want to come to yours. Do not allow people to come to your house to view items if they are transportable. Meet them in a public space and take people with you. Only accept cash. If you take a large amount of cash to purchase a large item, meet in a safe space or take several people with you. The scammer wants to get you alone with money on you and no back up.



### POLICE IMPERSONATION SCAM

Police officers will never request monetary payments, ask for gift cards, or attempt to solicit any financial information over the telephone, or email, nor will they come to your door and ask for money. If someone contacts you, identifies as a police officer, and asks for any of these things or threatens you in any way, call 911 immediately. If the person keeps pressuring you or threatens you, they are a police impersonator and you are doing the right thing by closing the door or hanging up and calling 911.

# SENIOR FRAUD ALERT NEWS

## ABOUT SENIOR FRAUD ALERT

Senior Fraud Alert is an education and prevention initiative led by the YEG Seniors Alliance in partnership with the Edmonton Police Force and funded by the Edmonton Community Foundation.

## IDENTIFYING THE PROBLEM

YEG Seniors Alliance Social Workers noticed seniors repeatedly being the victims of internet and phone fraud, even after being educated on scams. It became clear that the current fraud prevention resources were ineffective for seniors.

## MAKING THE SOLUTION

Seniors needed a different approach to fraud prevention education. In order to be effective, it needed to be written in plain language that was free of jargon in small educational modules that provided simple but effective solutions in a positive and empowering way.



[seniorfraudalert.ca](http://seniorfraudalert.ca)

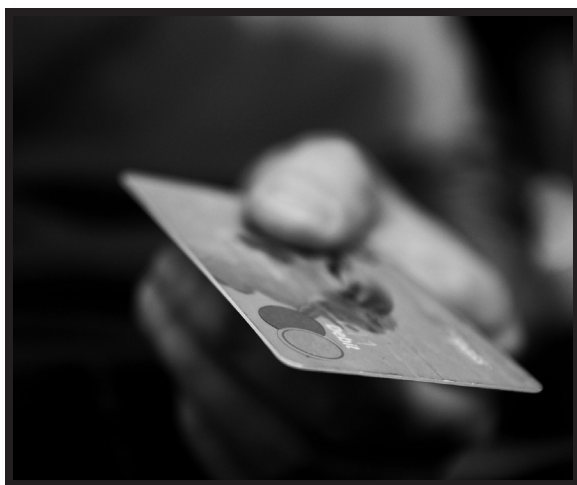
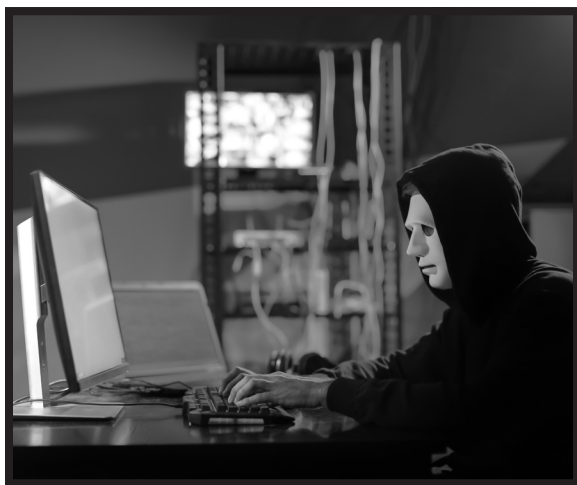
## COMMON SCAMS

### INTERNET SCAM

Internet scams come in many forms, including emails that attempt to trick you into handing out financial information, pop-ups loaded with malware, and social media messages crafted to spark fake romantic relationships. The term refers to someone using internet services or software to defraud or take advantage of victims, typically for financial gain. They encourage you to click on the links that take you to a fraudulent website where they want you to put your personal and/or financial information at risk. These scams are hard to spot as scammers copy logos to make the email look real.

### AMAZON SCAM

An email arrives telling you there's an issue with your Amazon order and asking you to either click on a link or call them and they provide the link or number. The link goes to a "look-a-like" page and asks you to update your credit card. Amazon will never mention in their emails that you should call them if you didn't place an order. If you want to check, open your Amazon account and look at the orders. If there's an issue, you'll see it there. Never click on any link in an email that asks you to update your credit card information.



# EVENTS



## Monthly Potluck Dinner

Entertainment and prizes!

**Thursday  
September 29<sup>th</sup>**

### **MONTHLY POTLUCK DINNER**

Thursday,  
September 29<sup>th</sup>  
5:00 p.m. to 7:00 p.m.

Entertainment & prizes!

There is a \$2 drop-in fee.

We will have a special evening with some prizes and entertainment provided by Jackie Murray, who will be playing guitar and singing for your enjoyment.

**Bring a dish for 5 to 7 people to share**



## September Birthday Party!

**Wednesday  
September 21<sup>st</sup>  
2:00 to 3:00 p.m.**

### **MONTHLY BIRTHDAY PARTY**

Wednesday,  
August 17<sup>th</sup>  
2:00 p.m. to 3:00 p.m.

Join us to celebrate your August birthday. There is a \$2 drop-in fee for guests.

Our next celebration is September 21<sup>st</sup>.

Pre-registration is required for you & your guests. Call the centre 780-483-1209 or stop in at our front desk to register.



## Oktoberfest Celebration

**Wednesday,  
October 5, 2022  
5:00 p.m. to 7:00**

### **OKTOBERFEST CELEBRATION**

Wednesday, October 5<sup>th</sup>  
5:00 p.m. to 7:00 p.m.

National Beer Day!

\$22 for members  
\$27 for non-members  
(invited guests only)

There will be a delicious traditional Oktoberfest meal, entertainment, prizes, and a cash bar.

**Ticket purchase  
deadline - September  
28, 2022**



## VENDORS WANTED HOLIDAY MARKET

**Saturday, November 19, 2022  
10:00 a.m. to 4:00 p.m.**

### **HOLIDAY MARKET**

Saturday, November 19<sup>th</sup>  
10:00 a.m. to 4:00 p.m.

Visit [weseniors.ca](http://weseniors.ca) or the WSAC front desk for more information and to pick up a vendor application form to reserve your table.

Calling all crafters, artists, bakers, canners, etc. We are holding our 3rd Annual Holiday Market. Book your own table or share with a friend.

**Table registration  
deadline is Friday  
November 4**



# TRAVEL TRIPS

*Jubilations*  
positively entertaining dinner theatre

**Dinner Theatre  
Presents**

**Travel Trip  
Tuesday,  
October 18th**



## **Love The Beatles!?**

When: Tuesdays, October 18th  
11:00 a.m. to 2:30 p.m.

Cost: \$64.00 (Tax & Gratuity Included)

Entrance 45 at West Edmonton Mall

Tickets available in person or by calling  
WSAC's Front Desk

**Purchase your ticket no later than  
September 30th, 2022**

If you could travel back to any one moment in time, where and when would you choose? Ancient Egypt? The dawn of man? The time of the Dinosaurs? Well, if you're anything like us at Jubilations, you might just choose Liverpool, England! The Cavern Club, 1961, the Beatles are about to hit the stage. Let our time machine take you back to where it all began for the rock and roll group that would change music forever.

Your ticket includes 3 course meal & show. Please let us know if you have any dietary restrictions.

**Transportation to WEM will not be provided by WSAC for this outing, however, if you need assistance in getting the venue, members of the Travel Committee will pick you up at WSAC.**



## **SAVE THE DATE**

**Wednesday, November 30th, 2022**

Travel Trip to the Muttart Conservatory to see the  
Christmas Display titled

**Jingle Bells - Dashing Through the Snow**

Stay tuned for further details as they become available.

**Mark your calendars now!**

# PROGRAM NEWS

## WELCOME BACK TO WSAC FOR FALL 2022!

We hope everyone had a fantastic summer enjoying friends & family! We know many of you traveled to spend time with people and visit places you haven't seen in a couple of summers.

WSAC hosted Registration Day on August 23rd. We are excited to share, after a couple of years with struggling registration, the classes are filling up very quickly! We are ready to be back together enjoying favorite programs and exploring new fitness classes! If you haven't had the opportunity to register for your fall programs, please drop in to see us at the Centre to register in person or register online through My Active Centre. Don't wait too much longer to avoid disappointment!

The Staff of WSAC (specifically Barbara Jaffray) wishes to thank our Volunteers, Susan S., Wendy L., & Margaret T. for assisting us to run our in person registration on August 23rd! With their help we were able to register about 80 people in 45 minutes! Thank you ladies!!

This fall, we do anticipate to be busier at the Centre than we have been in the last couple of years, therefore, a reminder to please be respectful of the space and time in which you are taking programs. We ask that all members leave the room the way they found it so ready for the next program. Ensure you are exiting the program space in a timely manner so all programs will run on schedule. The Cafe is open & fresh coffee available for visiting after programs.

**Thank you and can't wait to see you soon at The Centre**

**The WSAC Programs Team**

To share feedback or new ideas please reach out to:

Mikayla@weseniors.ca  
BJaffray@weseniors.ca

## DID YOU KNOW THAT WSAC HAS A WORKSHOP?

Tucked into the far southwest corner of our building is a handyman's dream with a wide assortment of hand and power tools for our members to use.

For safety reasons, a minimum of 2 individuals are required when using the shop. Thankfully, as of Tuesday, August 9th, our new Workshop

Volunteer Assistant, David, is available to monitor the shop on Tuesday and Wednesday mornings from 9:30 a.m. to 12:00 p.m.

He may even be able to answer some questions on whatever you may be working on. Feel free to stop by and see what our workshop has to offer!

# PROGRAM NEWS

## WSAC Wallet

**DID YOU KNOW?** Each individual membership profile has a credit system called the “wallet”



The wallet can be used to pay for anything in the center!

Simply bring cash or card to the front desk, ask the volunteers to load your wallet with the amount you choose, & use it to pay!

**Use the wallet to pay for:**

- Trips**
- Events**
- Meal Orders**
- Drop-in Classes**
- Class Registrations**
- & More!**

**For questions visit the WSAC front desk to speak with our Programs Team.**

## DROP IN PROGRAMS

Please make sure you are filling out the drop-in sheets provided at the front desk for each program and the bucket is returned to the front desk volunteers for processing.

The statistics from these sheets are important for us to track reporting and to ensure accurate depiction of what is going on at WSAC.



The summer golfing program ended with a successful wind up party!

**We are looking forward to next season and seeing everyone on the Golf Course for 2023!**

Watch our newsletters for more information in late Winter 2023.



# PROGRAM NEWS

Join us September 29th for a **FREE** try it class



## ZUMBA GOLD EVENINGS

Zumba Gold® is a modified Zumba® class that focuses on all the elements of fitness (cardiovascular, muscle conditioning, flexibility and balance), but at a lower intensity.

September 15 – October 20  
(5 Classes) \$40 (No Class Sept 22)

November 3 – December 15  
(6 Classes) \$48

5:30 p.m. to 6:30 p.m.

Join us September 20th for a **FREE** try it class



## TOTAL FITNESS FOR ACTIVE AGERS EVENINGS

Don't miss out! Limited spots available for this popular class! Bring your own:  
Yoga mat, bender ball, and hand weights.

September 13 – October 18  
(6 Classes) \$66

November 1 – December 13  
(7 Classes) \$77

6:00 p.m. to 7:00 p.m.

## Genealogy

ˌjēnēˈäləjē, ˌjēnēˈaləjē/  
noun

“a line of descent traced continuously from an ancestor.”

“the study and tracing of lines of descent or development.”

**1:30 p.m. to  
3:30 p.m.  
1st Wednesday  
of the month**

# GENEALOGY



**Drop in  
fee \$2**

**JOIN US!**

# FUNDRAISING NEWS

## FIRST AID KIT FUNDRAISER

Order from  
Thursday,  
September 1st  
until Monday,  
October 3rd

Do You Have a First Aid Kit at Home?  
Get One For Yourself and Your Families!

WSAC has brought you lots of information on safety through toonie talks and informational posts on our website and social media. We want to take that one step further and make sure that you are prepared in case of an emergency at home or when out an about in your community.

Starting September 1, we will be working with Canadian Safety Supplies to give you the opportunity to purchase fully stocked first aid kits and help support the centre at the same time. We have a variety of different sizes and options to choose from – there is even one for your pet! Get one for yourself or as a gift.

Orders can be placed through our website and you will be contacted for credit card payment over the phone or you can pick up an order form and pay at the centre. Visit the WSAC front desk or weseniors.ca for a full list of First Aid Kits and their contents.

We will be taking orders until Monday October 3

We will also have some items available to purchase during National Seniors Safety Week in November at the centre.

Pocket First Aid Ki: \$ 5.00

Essential First Aid Kit: \$ 10.00

Hammer Seatbelt Cutter: \$10.00

Pet First Aid Kit (Red, Blue, Green): \$ 20.00

Auto Safety Kit: \$10.00

Family First Aid Kit: \$20.00

Essential Roadside Kit: \$50.00

Solar Hand Crank Radio: \$25.00

2 Person 72HR Survival Kit: \$95.00

# OUTREACH DEPARTMENT NEWS

## WSAC MEDICAL CLINIC TUESDAYS 1:15PM – 3PM

- ➔ Bookings and Walk-in appts available
- ➔ Nurse Practitioners On-Site
- ➔ Service covered by AHS

### TO BOOK AN APPOINTMENT (Preferred):

- Visit the WSAC front desk to speak to Gabriela
- Call and speak to Gabriela Sanchez – 780 483-1209
- Email Gabriela Sanchez – [Gaby@weseniors.ca](mailto:Gaby@weseniors.ca)

**MORE QUESTIONS?  
VISIT THE WSAC FRONT DESK!**



Canada  
Homecare  
Group



WE Seniors.ca  
Westend Seniors  
Activity Centre

# OUTREACH DEPARTMENT NEWS

## OUTREACH GENERAL INFORMATION

### Form Completion

Outreach provides help with filling out applications (eg; CPP, OAS, Alberta Seniors Benefits and housing applications).

### Emotional Support

If you feel you would benefit from someone to talk to you can call our Outreach Department and we can provide resources to a support group or counsellor to speak with.

### Needs Assessments

If you are finding that you have concerns but are not sure how to sort them out or where to go to get help, through a conversation with our Outreach team we can gather information from you to determine what resources are available to address your needs

### Independent Housing & Supportive Living

Please call our Outreach Department if you require information on housing, whether it's independent or supportive living we can provide resources and information.

### Seniors Benefits

If you feel you are not receiving all of your seniors benefits, we can go over what you are currently receiving and if you are missing a benefit (eg: CPP, OAS, GIS (if applicable) and Alberta Seniors Benefits), we can provide information and resources for you to follow-up with.

### Financial

If you are low income there are benefits that you may be able to receive through Alberta Special Needs Benefits. Call our Outreach Department for further information.

### Elder Abuse

If you feel you are in an abusive situation, whether it's physical, emotional, financial, sexual, medical, please call our Outreach Department. We can provide you with resources to an Elder Abuse team or a Safe House.

### Meals & Nutrition

Please call our Outreach Department for resources to prepared meals and Nutritional Support Workers, Food Bank, Grocery Deliveries and more

### Mental health & Grief Services

Whether you are suffering from Mental Health issues (eg: anxiety, depression) or you require grief and loss support, please call our Outreach Department for the appropriate information and resources.

### Transportation

If you are in need of transportation and not sure who to call, we can provide you with information and resources to transportation agencies or DATS if applicable.

### Isolation

If you are feeling isolated please call our Outreach Team, we can provide you with resources to a full range of programs that will suite your needs.

### To book an appointment call:

Crisabel 780 483-1209 ext. 242  
(In person or phone appointments)

Shirley 780 454-2465  
(Phone Appointments Only)

# SEPTEMBER TOONIE TALKS

Pre-registration encouraged - Free For Members - Guests \$2.00

## SEPTEMBER 7<sup>TH</sup> COLOUR AND PAINT IN ENVIRONMENTS FOR THE AGING

### BENJANMIN MOORE THE BRILLIANT BRUSH

When: Wednesday, September 7<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

As we age our vision changes. Did you know these changes effect our colour perception and how appropriate colour use, sheen choice, and application of durable, high-quality, paint facilitates our quality of life as we get older? Come join us as we learn about paint color in the home!

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/colour-and-paint-in-environments-for-the-aging](https://www.weseniors.ca/whats_new/colour-and-paint-in-environments-for-the-aging)

## SEPTEMBER 13<sup>TH</sup> WHEN I'M 64 (CANADA PENSION PLAN/OLD AGE SECURITY) SERVICE CANADA

When: Tuesday, September 13<sup>th</sup> 2022  
5:30 p.m. - 7:30 p.m.

Where: WSAC Cafe  
Online via Zoom

Cost: FREE

Did you know there are several seniors' benefits you need to apply for BEFORE you turn 65 years of age? – Presented by Service Canada. Come learn how to access federal and provincial benefits.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/when-im-64](https://www.weseniors.ca/whats_new/when-im-64)



# SEPTEMBER TOONIE TALKS

Pre-registration encouraged - Free For Members - Guests \$2.00

## **SEPTEMBER 14<sup>TH</sup> BALANCE AND YOU PROVIDENCE CHIROPRACTIC**

When: Wednesday, September 14<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

Join Dr. Raj Dhaliwal from Providence Chiropractic to talk about how the balance will affect you, which will include: What is Balance? Components of Balance Age related info about Balance How does balance change: trauma, toxins, time. How to maintain and enhance your balance?

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/  
balance-and-you](https://www.weseniors.ca/whats_new/balance-and-you)

## **SEPTEMBER 15<sup>TH</sup> RECOGNIZING & AVOIDING INVESTMENT SCAMS ALBERTA SECURITIES COMMISSION**

When: Thursday, September 15<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe  
Online via Zoom

Cost: FREE

Investing comes with inherent risks, but don't let fraud be one of them. Join James from Alberta Securities Commission as we uncover the prominent forms of investment fraud, how to recognize them and ultimately protect yourself and others.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/  
recognizing-and-avoiding-investment-scams](https://www.weseniors.ca/whats_new/recognizing-and-avoiding-investment-scams)

# SEPTEMBER TOONIE TALKS

Pre-registration encouraged - Free For Members - Guests \$2.00

## SEPTEMBER 22<sup>ND</sup>

### MYTHBUSTERS: COMMON FUNERAL MYTHS

#### WESTLAWN FUNERAL HOME & CEMETERY

When: Thursday, September 22<sup>nd</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

Special presentation for WSAC Members and Guests. Join us as we debunk common myths, share stories, and explore end-of-life options, including organ/body donation, celebrations, and family legacy memorialization.

Zoom Webinar Panel Guests to include representatives from U.of A. Anatomical Gift program, HOPE Organ donation program, City of Edmonton Benchmark Program, and Arbor/Westlawn Cemetery.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/mythbusters-common-funeral-myths](https://www.weseniors.ca/whats_new/mythbusters-common-funeral-myths)

## SEPTEMBER 23<sup>TH</sup>

### ALTERNATIVE INVESTING: Strategies to Reduce Risk & Enhance Retirement Portfolio Returns

#### WEI WOO

When: Friday, September 23<sup>th</sup> 2022  
10:00 a.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

There is a third asset class that many large pension managers such as the Canadian Pension Plan, but not individual retail investors, use to reduce risk in the markets, it is alternative assets. Recently made available to individual investors, alternative assets provides access to a diversified portfolio of non-traditional investments, designed to complement the traditional balanced retirement portfolio.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/alternative-investing-strategies-to-reduce-risk-enhance-retirement-portfolio-returns/](https://www.weseniors.ca/whats_new/alternative-investing-strategies-to-reduce-risk-enhance-retirement-portfolio-returns/)

# SEPTEMBER TOONIE TALKS

Pre-registration encouraged - Free For Members - Guests \$2.00

## SEPTEMBER 27<sup>TH</sup>

### THE ART OF DOWNSIZING

JODY LAMBERTUS

When: Tuesday, September 27<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

Thinking of downsizing? Not sure where to start? Downsizing can be an overwhelming process that can take longer than expected. In Session 1, we'll cover the financial, emotional, and health proven benefits of downsizing, and the concerns to address BEFORE you decide to downsize. We will also discuss the difficult conversations to have with loved ones, and what questions to ask when hiring an advisor, realtor, lawyer, and mortgage expert.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/the-art-of-downsizing/](https://www.weseniors.ca/whats_new/the-art-of-downsizing/)

## SEPTEMBER 28<sup>TH</sup>

### FALL PREVENTION

CURA PHYSICAL THERAPIES

When: Wednesday, September 28<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

Up to 55% of older adults have concerns of falling. Come join us for an interactive discussion on... What is balance and what does it actually mean when we talk about falls? What physical skills are required for good balance? How much does fear of falling affect your risk of a fall? Fall hazards How to get up from a Fall Where can I find help?

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/great-tips-to-prevent-slips-and-trips/](https://www.weseniors.ca/whats_new/great-tips-to-prevent-slips-and-trips/)

# OUR REPRESENTATIVES



Ward  
Nakota Isga

## COUNCILLOR ANDREW KNACK

Phone: 780.496.8122  
Email: [andrew.knack@edmonton.ca](mailto:andrew.knack@edmonton.ca)  
Twitter: @AndrewKnack  
Facebook: @AndrewKnackEdmonton  
Website: [www.andrewknack.ca](http://www.andrewknack.ca)

## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

Member of Parliament Kelly McCauley and his staff are here for you for any help needed with Government of Canada federal programs and departments. Our Edmonton office is here to help with anything relating to:

- Citizenship and Immigration
- Employment Insurance
- Service Canada
- Passports
- Canada Pension Plan
- Canada Revenue Agency
- Disability Pension Plan
- Veteran's Affairs
- Old Age Security

We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.



104-10471 178 Street  
Edmonton, AB T5S 1R5  
[kelly.mccauley.c1@parl.gc.ca](mailto:kelly.mccauley.c1@parl.gc.ca)  
780-392-2515



## Constituent Services

Contact my office to:

**Get help navigating government programs and services.**

**Become an official guest of the Legislature** and watch the proceedings of the Legislature in-person.

**Have your important documents commissioned or notarized**, free of charge.

**Request a commemorative scroll**, for your anniversary, birthday, or any other milestone.

## Jon Carson, MLA

Edmonton-West Henday

### Contact us



780-414-0711

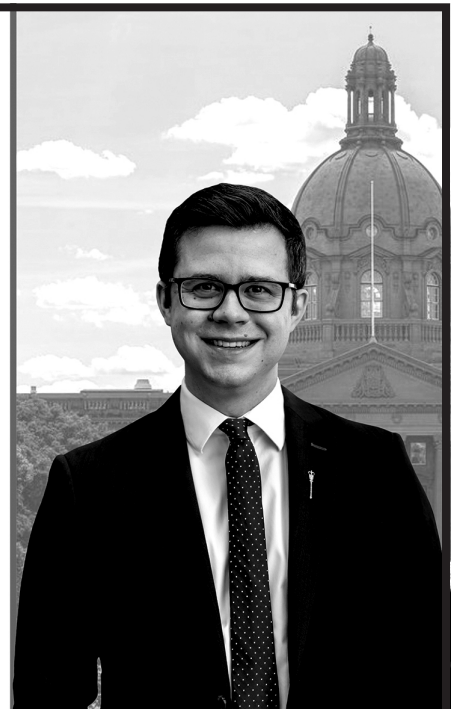


**Constituency Office**  
#103, 14020 - 128 Avenue



[Edmonton.WestHenday@assembly.ab.ca](mailto:Edmonton.WestHenday@assembly.ab.ca)

To view or provide feedback on proposals  
from the Alberta NDP Official Opposition visit:  
[Albertasfuture.ca](http://Albertasfuture.ca)



# INTRODUCING OUR STAFF

## Shaina Bullis - Communications

### Introducing Shaina Communications

Shaina joined our team after completing her practicum at WSAC in April 2022. She graduated with honours from Graphic Communications at NAIT and we are excited she chose to start her career as a Graphic Designer at WSAC.

Shaina and her partner, Mike, have two boys, Oliver(8) and Theodore(5). Shaina likes spending her free time with her boys, going out to local events and meeting new people, or staying home and getting messy with paints and crafts.

We hope you have to opportunity to meet and speak with Shaina, her bubbly and friendly personality make her easy to approach. Although she hasn't been with us for long, she has picked up a lot of information and is happy to answer your questions, or find the answer if she doesn't know already!



### **Tell us about yourself**

I am a mother to two very excitable boys with my partner, Mike. I recently graduated from NAIT with honours in Graphic Communication and started my position at WSAC during my 2 week practicum here.

### **What do you like most about working here?**

The people. The members are wonderful to speak with and talk to, and the staff are just amazing. The team here at WSAC has been nothing but welcoming and eager to help me learn new things.

### **What has surprised you the most working with Seniors?**

The amount of energy seniors have, especially the pickball players, enough to rival my boys! However, I am never surprised by the kindness and camaraderie shown by the seniors here.

### **What is your daily job like?**

I have been working on communications around the centre, including the monthly Chronicle, event and class posters, special messages, and the Fall Program Guide. I also helped with the planning and recruiting for both Older, Bolder, Better!<sup>TM</sup> and the Amazing Race & Challenge. While here I have also been learning about managing social media and online communications.

# WSAC FROZEN MEAL PROGRAM

## Entrees

**\$12.00 - \$14.00**



## Hearty Soup

**\$8.00**



## Muffins

**\$6.00**



## Eggs-emplary Brunch Bowls

**\$4.00**

Our Eggs-emplary Brunch bowls are a perfect choice for breakfast or lunch!

- 4 inches in size
- Choose from Denver, Ham & Cheese, or Spinach & Feta.
- Pick up at our centre or pre-order via our website!



## QUESTIONS?

**Call our centre 780 483 1209 ext 221  
or visit our front desk!**

**Our staff is available Monday to  
Friday 9:00 a.m. to 3:30 p.m.**

## PICK UP TODAY!

**Visit our front desk to see what is  
on this week's menu!**

- **Homemade Meals**
- **Fresh Ingredients**
- **Nutritious and Affordable!**



## **NEW MENU EVERY 2 WEEKS!**

- **REHEATABLE** - All meals are fully cooked so you simply need to reheat and serve!
- **SERVING SIZE** - Most seniors tell us they get 2 to 3 servings with our entrees and our Hearty soup!
- **FREE DELIVERY** - Available to seniors who do not drive... Our team of volunteer drivers and our friends at Drive Happiness will deliver your food orders to you!
- **FRESH INGREDIENTS** - Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals. This is to ensure only the best ingredients go into every meal we prepare for you!
- **OPEN TO PUBLIC** - You do not have to be a member to use our meal program.... It's open to everyone!



# RENTALS

## GYMNASIUM

- 3000 Square Feet
- Capacity - 25 participants for fitness classes
- Capacity - 160 seated at tables or 200 in row seating
- \$110/Hour (1/2 day and daily rates available)
- Round & rectangle-shaped tables with chairs available



## CAFE

- 1250 Square Feet
- Capacity: 50 to 60 seated participants
- \$66/Hour
- Beverage area with a microwave and a small fridge
- Access to our beautiful wrap around deck and view of the pond



## MEETING ROOM

- 900 Square Feet
- Capacity - 15 participants for fitness classes
- Capacity - 45 in row seating
- \$38/Hour (1/2 day and daily rates available)
- Chairs and tables available for your use
- A dimmer light switch makes this room perfect for yoga and other classes!





# RENTALS

## HARRY FARMER ROOM

- 910 Square Feet
- Capacity - 15 participants for fitness classes
- Capacity - 45 in row seating
- \$38/Hour (1/2 day and daily rates available)
- Chairs and tables available for use
- Piano available for use
- White board in the room



## GAMES ROOM

- 1680 Square Feet
- Capacity - 75 for row seating
- \$76/Hour
- Beverage area with a microwave and a full sized fridge
- Access to our beautiful wrap around deck and view of the pond

NEW



## KITCHEN ADD ON

- Kitchen can only be rented with the gym or cafe rental - not available to rent individually
- Must only be used by professional caterers - renter will be required to provide a copy of their rental agreement to WSAC
- \$50/Hour
- Use of counter tops, microwave, and sink only for prepping for food service, no cooking allowed

NEW



# EQUIPMENT RENTALS

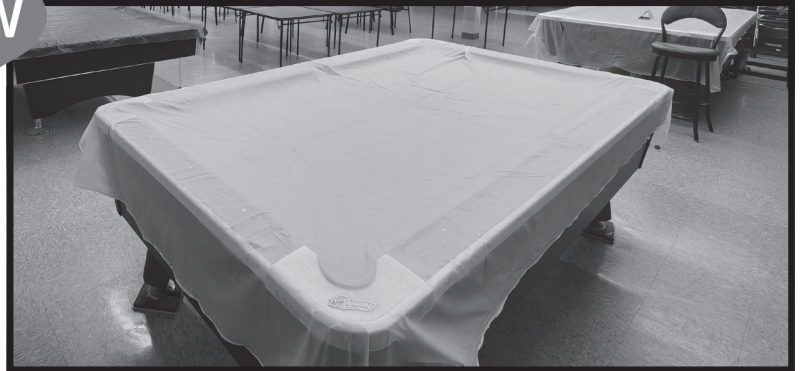
We have additional equipment available that you can rent to separately to make your event perfect. Please contact us for rates.

NEW

## ENTERTAINMENT

Available with Games Room rentals

- Billiards Tables



NEW

## FOOD SERVICE

Available for additional charge

- 100 Cup Coffee Urn
- Larger fridge
- Freezer
- Sink



NEW

## AV EQUIPMENT

Available for additional charge

- Portable PA system with microphone
- Large screen TV
- Projector and screen
- Sound system

\*Minimum 2 hours booking for all rentals

\*\*Damage deposit required for all rentals  
- amount dependent on space/equipment  
rented

\*\*\*Member discounts may be available

## INTERESTED IN RENTING AT OUR CENTRE?

Please contact Heather Riberdy

Heather@weseniors.ca | 780 483-1209 ext. 224

# EVENT RENTALS

NEW

## WEDDING PACKAGE

- Includes access to our Gymnasium, Cloak Room, Café, Deck, Kitchen (kitchen access for professional caterers - countertops, sink and microwave only)
- Approximately 5300 square feet
- Rental Fee: \$1400
- Damage Deposit: \$800 (additional \$200 when alcohol is being served)



## PICKLEBALL OR BADMINTON PACKAGE

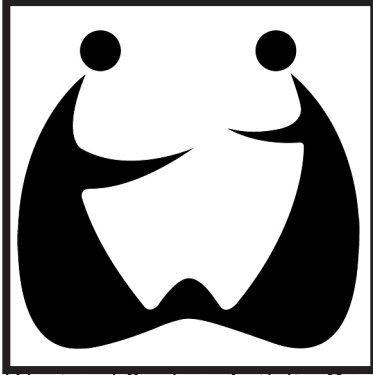
Pickleball and Badminton are both excellent ways to stay active and healthy into the fall and winter. WSAC now has packages set up for everyone to be able to use our space to play with friends or family evenings and weekends.

- Gym - 3000 square feet - 2 courts available
- \$50/hour per court - minimum 2 hour rental
- \$400 damage deposit
- Package includes portable net, Pickleball paddles/balls or Badminton rackets and birdies.

NEW



# CONNECT WITH WSAC

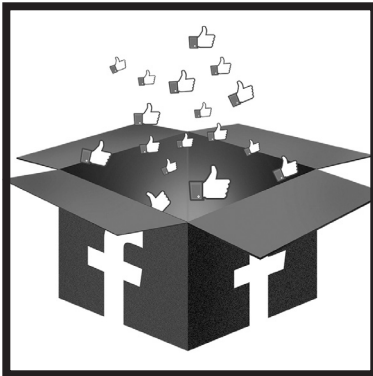


## **Did you know each week we update our website with the latest WSAC news!**

Make sure to visit our “News” section of the website for information on:

- Upcoming events
- New classes
- Latest Meal Program menu
- Registration information & more!

**VISIT OUR WEBSITE!**  
**[www.weseniors.ca](http://www.weseniors.ca)**



## **DO YOU FOLLOW US ON FACEBOOK?**

We share all of our WSAC news on Facebook but we also share:

- Interesting videos and articles
- Updates from the City of Edmonton, Government of Alberta and Government of Canada
- Communities here in the west end
- Information helpful to older adults here in Edmonton!

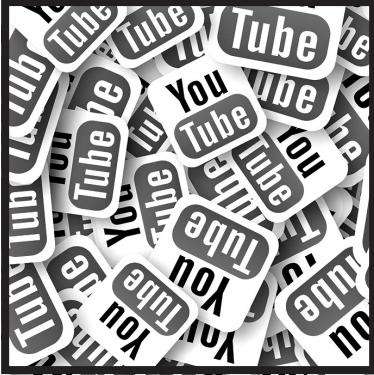
**[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)**

# 3285

## **HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?**

3285 people received our e-newsletter last month.  
Sign up at our front desk today!

# CONNECT WITH WSAC



## **8 WEEK HOME FITNESS PROGRAM ON YOUTUBE**

Not up to visiting our centre? We've got you covered! Our 8 Week Fitness Program is on our Youtube page!

This program features 16 easy to follow videos that provide you with the ability to have a daily fitness routine at home.

**[youtube.com/WestendSeniorsActivityCentre/videos](https://youtube.com/WestendSeniorsActivityCentre/videos)**



## **DO YOU LOVE INSTAGRAM? FOLLOW OUR PAGE**

Want to see what is happening at our centre on a daily basis? We share fun behind-the-scenes photos from our Frozen Meal Program and other fun activities.

Follow us on Instagram  
We promise you won't be disappointed!

# COMMUNITY CONNECTORS



# THEATRE WORKSHOPS

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**FOUR WORKSHOPS**  
**FOUR WEEKENDS**  
**FOR SENIORS**

Try out a variety of unique performance-based workshops.

**CREATIVE MOVEMENT | OCT 15 & 16 (1-3PM)**

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[geriactors.friends@gmail.com](mailto:geriactors.friends@gmail.com)

**\$35 PER WORKSHOP**

**\$120 ALL 4 WORKSHOPS**

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# COMMUNITY CONNECTORS

## TERRA LOSA COMMUNITY ASSOCIATION HOSTS THE **ANNUAL COMMUNITY PICNIC IN THE PARK**



Saturday, September 24, 2022 from 12:00 – 3:00 PM

Terra Losa Park, corner of 178 Street and 95 Avenue

Free food will be served between 12 and 1 pm

Everyone is welcome!

Please bring your own chair

# GRAND OPENING



## *Seniors Special*

Men's Cut: \$18

Ladies Cut: \$25

Ladies Cut & Colour: \$75

Ladies Cut & Perm: \$75

*Call:* (587) 977 096

*Brenda:* (780) 399 0802

Located at **17711 - 98A Ave** next to The Medicine Shoppe



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# ARMOUR INSURANCE

### The Official Provider Of Your WSAC Group Home And Auto Insurance Program

15% Discount on Home Insurance and 10% Discount on Auto Insurance for WSAC Members!

- Official provider of the WSAC Member Home and Auto Insurance Program
- 15% discount on home, condo and tenant insurance
- 10% discount on auto insurance
- No interest payment plans (an additional 3-4% savings)
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FACEBOOK - @ArmourInsurance  
WEBSITE - [armourinsurance.ca/wsac](http://armourinsurance.ca/wsac)



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We are a private, locally owned Edmonton business. Working with industry leading hearing aid manufacturers allows us to pass along amazing products and prices to our clients. Visit us for hearing aids that meet your hearing needs. We offer in Your Own Home Hearing Aid Trials for 2 weeks!

What our clients are saying about us...

*"I was very impressed with Ron, he performed my hearing test and discussed it in details with me, he was very professional. I strongly recommend Stanford Hearing center."*

FACEBOOK - @StanfordHearing  
WEBSITE - [www.stanfordhearing.ca](http://www.stanfordhearing.ca)

# STANFORD HEARING CENTRE



## SENIOR LIVING IN EDMONTON

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**CHARTwell**  
retirement residences

### *Exploring Your Options!*

*Did you know...*

*Chartwell offers a choice of lifestyle options in our retirement and long term care residences across the country.*

*Whether you're an independent senior looking for support with things like cooking or cleaning, someone who needs daily personalized assistance to live more comfortably, or you have a loved one who requires nursing care or dementia support, we have an option that will meet your unique needs and give you the peace of mind you deserve.*



*Learn How Life Is Better,  
Together At Chartwell*

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WEBSITE - [www.chartwell.com](http://www.chartwell.com)


## ALBERTA ASSOCIATION OF OPTOMETRISTS

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100, 8407 Argyll Road, Edmonton

- Many common eye diseases have no early signs or symptoms, but if diagnosed early during your annual eye exam have greater treatment success.
- By age 65, 1 in 9 Canadians develops irreversible vision loss; 1 in 4 by 75.
- Your optometrist is also looking for medical conditions, such as high blood pressure, diabetes, and cardiovascular disease during and eye exam.
- There is Alberta Health coverage towards your annual eye exam. It's not just whether you might need an eye glass prescription update, it's about your eye health and protecting your vision.
- If you require urgent care, due to eye and eyelid inflammation, eye injuries, dry eye, or sudden changes in vision, there is Alberta Health coverage towards these appointments.

FACEBOOK - @AlbertaAssociationOfOptometrists  
WEBSITE - [www.optometrists.ab.ca](http://www.optometrists.ab.ca)

Alberta  
Association  
of Optometrists 



*Don't risk it.*

*Stay active and independent.  
Book your eye exam today!*

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AFTER HOURS MOBILE CLINIC



# Canada Homecare Group

You Can Call Us When:

- You are really not feeling well, it is after hours and you don't want to go to Emergency.
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- You have hurt yourself or you have a wound that you think needs looking at.
- You are diabetic or have high blood pressure and you are or concerned about your levels.
- You have a high fever and you are not sure what to do.
- You have been recently discharged from the hospital, you have some concerns and you can't reach your doctor.

We can also assist with things like:

- After we assess you we can order tests and initiate referrals to specialists as needed.
- Assist clients to find a family physician.
- Update your doctor as to your recent visit with us.

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EMAIL - [itoor@qualicare.com](mailto:itoor@qualicare.com)  
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*"I understand your needs, the market and the neighborhoods in the area, and possess extensive listings of houses, condos and properties for sale in the Edmonton area to suit every budget, family size and taste.*

*I will find the homes for sale or condos on the market that are perfect for you! Why don't we meet for coffee and you can tell me what you are looking for!"*

Alexis Hlady

FACEBOOK - @AlexisHomes  
WEBSITE - www.alexishomes.info

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ASK FOR LEN GIERACH

Family Services Director since 2011

Proudly serving the Edmonton area since 1947, Westlawn Funeral Home & Cemetery will help you customize your arrangements, while respecting your faith, taste and budget. You can feel confident putting your trust in our compassionate professionals.

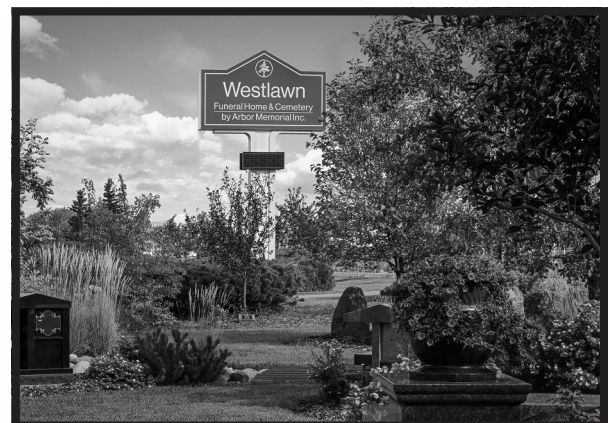
Our 40 acres are dotted with mature trees, benches and colourful flower gardens creating a peaceful natural atmosphere for loved ones to gather and reminisce. Indoor niches create the ideal setting for visitation in any season.

Our Funeral Home, built in 1985, adds the convenience of making all your arrangements at one location.



Westlawn

Funeral Home & Cemetery  
by Arbor Memorial



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& Family Registry Available!**

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780.909.5377  
55+ Housing Navigator



**Are You Or Your Parents Determined To Age In Place? Is It Time To Downsize Where You Live?**

Where you live sets the tone for your health & your ability to remain independent. Do you know how to plan to age well at home or how to plan your next housing choice? You aren't alone... figuring out the resources & options can be overwhelming!

**One-On-One Consultations**

Jolyn offers one-on-one consultations for older adults & their families to either create a plan to age well at home OR help you make decisions about your next housing options.

As a past nurse, a past homecare case manager and past senior housing manager, Jolyn has the most comprehensive experience to help you confidently navigate aging in place and housing choices that best meet your changing needs.

FACEBOOK - @Edmonton55  
WEBSITE - www.edmonton55.com



***"You don't have to figure this out on your own. I'm here to help you navigate the options!"***

**Jolyn Hall,  
55+ Housing Navigator**

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**AGE IN PLACE CANADA**  
a division of MoJo Design Inc 

**Would you like to live longer in the comfort of your own home?**

Our team consists of certified consultants, designers, contractors, electricians, plumbers, and occupational therapists.

**We have access to whoever and whatever it takes to help you stay in your home longer and safer.**

Mo & Jo along with their trusted fabricators, contractors, and social support workers will be happy to discuss your project, answer any questions you may have, and provide you with a quote.

**HOME CARE** Our goal is to modify/remodel your home so you can live safely in it for many more years.

**CONSULTATIONS** We offer in-home assessments and customized solutions.

**HOME MODIFICATIONS** We have assembled a team of professionals that are ready to assist you with your home modifications.

FACEBOOK - @AgeInPlaceCanada  
WEBSITE - www.ageinplacecanada.ca



***No matter what dilemma a client has, they can feel safe in trusting Age In Place to give their home the personal touch it deserves.***



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Organize And Cleaning Services Ltd.

(A SHINE ABOVE THE REST)

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*Sparkle & Sheen is home to cleaning professionals who love and respect what we do as a team.*

For each of us, cleaning is not a job — **it is our passion.**

We take pride in everything we provide for our clients in Edmonton, Alberta, from housekeeping solutions to personal concierge services.

Sparkle & Sheen is fully bonded, insured and carries WCB for all our clients safety. By hiring us, you can rest easy knowing that you are working with some of the best in the industry.

**However, our team does more than tidy up.**

We can also handle a wide variety of tasks such as **laundry & light housekeeping, light snow removal & lawn maintenance and companionship service for the elderly.**

Browse our website for further information, and don't hesitate to get in touch with us to request our services. We can design a package to fit your budget and complete the services tailored to meet your needs.

EMAIL - [info@sparkleandsheen.ca](mailto:info@sparkleandsheen.ca)

WEBSITE - [www.sparkleandsheen.ca](http://www.sparkleandsheen.ca)

## **BENJAMIN MOORE THE BRILLIANT BRUSH**

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We are your Benjamin Moore paint supply store. The Brilliant Brush is locally owned and operated and here to support homeowners, contractors, and design professionals with premium paint, expert advice, high-quality supplies, and exclusive access to all the exceptional Benjamin Moore paint colours.

### **Did you know...**

**Seniors always receive 15% off their entire purchase at The Brilliant Brush!** Come in and see us for personal and exceptional service for choosing the right paint for your next project.

FACEBOOK - [@MyBrilliantBrush](https://www.facebook.com/MyBrilliantBrush)  
WEBSITE - [www.thebrilliantbrush.ca/](http://www.thebrilliantbrush.ca/)



**Benjamin Moore®**

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***Come visit us***

***We are 6 minutes north of the  
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## **JODY LAMBERTUS**

780.399.5114  
CENTURY 21 Masters



*My objective is to give each client a world class experience and help my clients plan their real estate goals around the market conditions.*

*Since 2014, I have specialized in physician relocations, real estate investing, first time home purchases and helping clients to downsize. Real estate is my passion and I love helping the communities I work in and my clients reach their real estate goals.*

*Jody L.*

### **UNSURE IF IT IS TIME TO DOWNSIZE?**

*You're invited to attend my 3-part series "The Art of Downsizing", hosted by the Westend Seniors Activity Centre in Edmonton!*

*I offer this workshop throughout the year, please email or call me for details or visit [www.weseniors.ca](http://www.weseniors.ca)*

FACEBOOK - @JodyLambertusRealtor  
WEBSITE - [www.jody-lambertus.c21.ca/](http://www.jody-lambertus.c21.ca/)



***Serving Edmonton and area clients since 2015!***

## **MEMORIES FUNERAL HOME**

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Since 1994, Memories Funeral Home has served Edmonton and its surrounding communities. It is our commitment to provide funeral services that honour memories and celebrate lives. We take pride in responding to the changing needs of individual families, while maintaining the customs and traditions of funeral services.

- Our full-service funeral home is decorated to convey a warm, comfortable, home-like experience. Our selection room provides a quiet, private room for families to arrange the memorialization of their loved one.
- We also offer a wide variety of products and services to fit most requests or needs, including our limousine service. Our chapel can accommodate 200 guests and features a sound system and DVD video technology. In addition, our large foyer provides a greeting area and is equipped with television monitors for live video from the chapel, allowing overflow for larger services.
- Following the service, families may wish to have a time of fellowship with relatives and friends in our reception area, where guests can enjoy a customized, catered luncheon with a variety of options. Our reception area can also be used for overflow seating for the chapel.
- As a common practice in many religions and cultures, more and more people are choosing cremation over more traditional options. We also have an in-house crematorium designed with a waiting and witness area for families, allowing families to observe personal or religious customs.

[www.dignitymemorial.com/Edmonton](http://www.dignitymemorial.com/Edmonton)

## CURA PHYSICAL THERAPIES

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Experience the Difference at CURA Physical Therapies.

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# cura

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Have you been injured recently? Are you still suffering from pain months to years later?

*Let us help you get back to moving and living well.*

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We are very happy to provide a 10% discount for members of the Westend Seniors Activity Centre!



## REVERA

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780 420 1222

### Our Parents' Home

10112 119 St NW  
780 732 0412

### Glenora Park

10150 Clifton Place  
780 670 6957

### McConachie Gardens

6503 170 Ave NW  
780 244 8969

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## ADVERTISING RATES

\$60.00 - Full Page 8"w x 10"h

\$40.00 - 1/2 Page 8"w X 5"h or 4"w X 10"h

\$20.00 - 1/4 page 4"w x 5"h

\$10.00 - Business card 4"w x 2 1/2"h

- A one-time set up fee of \$30.00 may apply if your ad is not print ready.
- Deadline is the 15th of each month.

## INTERESTED IN ADVERTISING WITH US?

Please contact Lorena Smalley,  
Community Engagement Manager

Lorena@weseniors.ca

780 483-1209 ext. 225

# A MESSAGE FROM THE BOARD OF DIRECTORS

Dear Members,

The Board, after considerable discussion and debate, passed a motion at the June 30, 2022 meeting to increase the 2023 annual membership fees to \$50.00.

The arrival of COVID-19 has had a significant impact on our organization. And while we are all tired of hearing that covid is the cause of everything from the rise in inflation, to supply chain issues and more, the fact is the pandemic has caused a variety of issues for our organization.

## ***The pandemic changed things dramatically***

When the pandemic arrived in the spring of 2020, and Alberta Health restrictions forced us to close our doors, our centre was one of the few here in Edmonton that remained open behind the scenes to support our members.

## ***We reopened but many did not return to the centre***

Later that fall, when the Centre re-opened under COVID restrictions, WSAC staff were in a position of providing both on-line and in-person programming and services. Unfortunately, many of our members did not feel comfortable returning to the centre and renewing their membership.

## **Please consider:**

- WSAC is an independent Seniors Centre and is not owned & run by the City of Edmonton as many members believe.
- Our program's revenue is down by almost 50% from 2019.
- Almost 2.5 years since the arrival of COVID-19, membership numbers have still not returned to pre-COVID levels.
- We have had to cancel a number of our events and classes due to low enrollment.
- WSAC has been unable to host larger events that would normally generate revenue for our organization.

All of this has resulted in a significant deficit.

**I would also like to point out that we have not had a membership fee increase in 10 years. Also, while membership fees will be increased, our centre will continue to provide programs and events without significantly increasing prices.**

## ***Here is some food for thought:***

For your annual fee, you can participate in a number of events & receive services that are cost-free such as:

- The weekly Toonie Talk presentations (will be free as of September 2022)
- The WESeniors Amazing Race and Challenge
- Older, Bolder, Better! Seniors Exhibition and Symposium
- The monthly Birthday Party - free for you to attend the month of your birthday
- Our biking groups
- One-to-one computer training
- Access to our library, puzzles, and wool

In addition, Pickleball, which is really popular, has one of the lowest fee structure in the Edmonton area.

Where else can you go for camaraderie, enjoy special events, participate in quality classes and programs, have access to other services and free events for an annual membership fee that amounts to \$4.17 a month?

The Board wishes to thank the members who have supported our Centre over the years. We hope that you know we have not made this decision lightly and we hope the information gives you some insight into why we feel the increase is necessary.

Barbara Gibson,  
Board President

# A MESSAGE FROM THE EXECUTIVE DIRECTOR

I would like to thank our Board for having the courage to make this difficult decision. They realized it may not be a popular decision, but understand it is a necessary one.

I would like to take this time to outline our membership changes:

## Membership Fees For Fall 2022 and 2023

If you are a new or past WSAC member and you want to register for our Fall 2022 programs:

- You must have a valid 2022 membership.
- **Effective immediately, if you purchase your 2023 membership (\$50.00), your 2022 membership will be only \$10.00.**

If you are a current member who has a valid 2022 membership and you want to purchase your 2023 membership:

- the 2023 membership will cost \$50.00.
- To celebrate our upcoming 45th Anniversary in 2023, **all current 2022 members who purchase their 2023 membership will receive a \$5.00 credit** that can be used for any of the programs, events, drop-in classes, our meal program, lunch in our cafe, etc.

## Free Strength Training Program For WSAC Members

We are very excited to announce that effective January 2023, all WSAC members will have access to a free Strength and Training program!

As a Gerontologist, I know the importance of older adults having a strength training program; however, my experience is that strength training is something most seniors have little or no experience with. As we age, strength training becomes very important to help us with things such as muscle loss, low bone density, or osteoporosis. Benefits of strength training include:

- Reducing resting blood pressure
- Revitalizing muscle cells
- Reversing physical frailty

- Reducing falls
- Decreasing physical discomfort such as back pain

We are finalizing the details of this exciting new initiative. Please watch our newsletter for more information.

## Celebrating our 45th Anniversary!

As I stated above, we will be celebrating our 45th anniversary in 2023! To celebrate, we will have a number of events and initiatives throughout 2023 to recognize this amazing achievement. Please watch our newsletter for some fun events, contests, and more that we have planned. We promise you are going to love it!

## 10 Year members - we have a gift for you!

Our first initiative is to recognize all of the individuals who have been WSAC members for the last 10 consecutive years. We will be reaching out to all of you to give you a surprise!

And finally, I too would like to give you something fun to consider:

2023 WSAC membership fee = \$4.17 per month

- Tim Horton's XL Double Double and a muffin = \$3.68
- A Medium sized Dairy Queen blizzard treat = \$4.09
- 4 litre of milk at Walmart = \$5.29

In closing, I would like to share a comment that a colleague recently said to me. *"If the pandemic has shown us anything it is that older adults here in Edmonton need centres like yours more than ever."* She also remarked that each time she visits our centre, she is always *"impressed with the feeling of it being a vibrant, happy place to be."* I couldn't agree more.

I look forward to seeing all of you in the fall!

Thank you,  
Haidong Liang



# WE Seniors

Westend Seniors Activity Centre

*Edmonton's Premiere Seniors Centre  
Celebrating over 40 years of serving seniors here in  
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## **CONNECT WITH US!**

### **Westend Seniors Activity Centre**

9629 176 Street NW  
Edmonton, AB T5T 6B3

Telephone Number: 780 483-1209

#### **Website**

[www.weseniors.ca](http://www.weseniors.ca)

#### **Facebook**

[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)

#### **Youtube**

[youtube.com/Westend Seniors Activity Centre](https://www.youtube.com/WestendSeniorsActivityCentre)

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